

PART XIII

CUMULATIVE DATA ANALYSIS SUMMARY

Demographics

According to our analysis, 932 adult individuals filled out questionnaires at the main events. Almost 80% completed the Fitness Assessment indicating the importance respondents attached to obtaining this information.

The overwhelming majority of participants, 64%, were female while 34% were male. Hispanic respondents more than doubled those of any other group at 38% while Caucasian respondents represented the next largest group of constituents at 18%, followed by African-Americans at 8%, Asian/Indians at 1.3% and others totaling 1.7%. It is important to note that 33% of respondents did not report racial or ethnic affiliation.

The average age of participants was forty-six (46) years, while the average BMI was 28.5 indicating an overweight group of respondents. In two (2) groups however, September and October, the group mean indicated Stage I obesity. The average blood pressure was 125/78 mmHg, which is normal; but the December respondents showed a systolic and diastolic blood pressure consistent with pre-hypertension levels putting them at risk for high blood pressure in the future.

The overwhelming majority of respondents, 86%, agreed to adopt a healthy lifestyle and 85% indicated their willingness to attend future events. Thus the Miami Dade County community represents a captive audience possessing a strong willingness and desire to adopt a healthy lifestyle and attend such events in the future. In fact, almost 50% rated their motivation to adopt a healthy lifestyle as high to very high.

Behavioral Characteristics

A total of 89% of respondents possessed a personal physician and 88% visited a doctor within the past two years. Our concern, however, is the 11% not having a personal physician. In the October main event in the International Mall, 36% of respondents did not have a personal physician.

Lifestyle Habits

Approximately 77% of respondents slept a minimum of seven (7) hours per night which is a good amount for adults. Furthermore, 79% of respondents did not smoke at all and 53% did not drink alcoholic beverage at all. Thus, the majority of respondents were very healthy in this regard. It would be interesting to tap into those individuals who do drink alcohol more and smoke on a regular basis.

Approximately 66% of the respondents spent 0-3 hours daily watching TV or using the computer. These would be considered sedentary activities. In fact, watching TV has been reported to be positively related to increasing adiposity. For every extra hour spent watching TV, the risk of obesity is increased by 2%. Furthermore, use of computer or electronic games has also been reported to be positively related to increased obesity levels. In our study, 10% of respondents displayed these sedentary activities six (6) or more hours daily! While 58% of respondents, the majority, reportedly ate breakfast 4-7 times per week which is a positive response, only 17% of respondents reported eating 4-7 daily servings of fruits and vegetables.

Interestingly, the U.S. Department of Agriculture recommends a minimum of 2-4 servings of fruits daily and 3-5 servings of vegetables daily. Furthermore, the Surgeon General recommends five (5) daily servings of fruits and vegetables as optimal. Given the fact that four

(4) or more servings of fruits and vegetables daily is associated with a reduction in obesity, heart disease, various forms of cancer, and other chronic diseases, this is one area to expand upon in the education of our community.

Over 50% of respondents reportedly engaged in exercise 3-7 times per week which is consistent with the American College of Sports Medicine's recommendation to improve fitness levels. Over 75% of these respondents exercise a minimum of twenty (20) minutes or more per session which also reflects the minimum duration recommended by the American College of Sports Medicine. Over 60% do so at a moderate to vigorous intensity, which is also recommended to improve fitness levels. Obviously, the Miami Dade Community respondents attending these events attach a strong importance to exercise. There is still, however, room for improvement, in that almost 40% of respondents exercised less frequently than current recommendations.

There is a great deal of missing information indicating utilization of public parks and over 48% of respondents do not use them at all. This is one area that can be targeted to enhance physical activity participation. The "Hearts N' Parks" program piloted in North Carolina is now used in thirty-three (33) sites around the country, may be a model to observe in order to stimulate more active community involvement in this regard. This may also represent an area for further exploration and integration into further activities. Certainly, more measures should be taken to improve our community's utilization of the public parks system and bring more people out to engage them in using more of the public parks for exercise.

Fortunately over 56% of participants indicated zero to mild stress. Again, the concern is regarding the substantial amount of stress, almost 44%, reporting moderate to high stress levels on a daily basis. Perhaps, the faster pace of living in the Miami Dade County Community is taking its toll on a large number of its constituents.

CUMULATIVE DATA ANALYSIS STATISTICS

| | | |
|---|------------|-------|
| 1. Total Number: | 932 | |
| 2. Completed all questions: | 425 | (46%) |
| 3. Participants with Fitness Assessment information: (including Height, Weight, BMI and BP) | 739 | (79%) |
| 4. Participants completing all questions: (excluding Fitness Assessment information) | 528 | (57%) |
| 5. Participants Who Signed Consent & Release: | 813 | (87%) |
| 6. Participants Who Signed for Focus Group: | 251 | (27%) |
| 7. Incomplete Forms: | 507 | (54%) |
| 8. Sex: Male | 317 | (34%) |
| Female | 597 | (64%) |
| 9. Race: Hispanic | 356 | (38%) |

| | | |
|------------------|-----|--------|
| Caucasian | 170 | (18%) |
| African-American | 77 | (8%) |
| Asian/Indian | 12 | (1.3%) |
| Other | 16 | (1.7%) |

Table 1. Descriptive characteristics of participants (Mean \pm standard deviation)

| | Male | Female | Total |
|------------------------|-----------------------------------|-----------------------------------|---|
| Age (years) | 46 \pm 15 (36%) ¹ | 45 \pm 14 (64%) ¹ | 46 \pm 14.4 N=819 (88%) ² |
| Height (inches) | 68.8 \pm 3.2 (34%) | 63.4 \pm 6.2 (66%) | 65.3 \pm 3.2 N=852 (91%) |
| Weight (pounds) | 185.7 \pm 33.0 (34%) | 153.7 \pm 33.9 (66%) | 164.9 \pm 36.7 N=851 (91%) |
| BMI (ratio) | 27.3 \pm 7.5 (35%) | 29.0 \pm 17.6 (65%) | 28.5 \pm 15.3 N=797 (86%) |
| BP (mmHg) | 130/79 \pm 17/11 (34%) | 123/77 \pm 17/13 (66%) | 125/78 \pm 17/12 N=819 (88%) |

BMI, Body Mass Index calculated [weight (kg) \div height (m)²]

¹ Percent derived from total number of respondents by gender

² Number and percent derived from total number of respondents

Table 2. Descriptive characteristics regarding lifestyle, fitness participation, health care and sleep.

| | Male | Female | Total ² |
|---|---------------------------|---------------------------|--------------------|
| Agreed to adopt a healthy lifestyle | 244 ¹ (77%) | 497 ¹ (83%) | 741 N=805 (86%) |
| Will attend future events | 217 (76%) | 440 (74%) | 657 N=792 (85%) |
| Possesses a personal physician | 241 (76%) | 435 (73%) | 676 N=827 (89%) |
| Visited a doctor within the last 2 yrs | 243 (77%) | 467 (78%) | 710 N=819 (88%) |
| Sleeps a minimum of 7 hours/night | 148 (48%) | 286 (48%) | 434 N=720 (77%) |

¹ Number and percent of respondents by gender

² Total represents number and percent of respondents answering each question

Table 3. Smoking characteristics for the entire group

| | Male (N=317) ¹ | Female (N=597) ¹ | Total (N=914) ² |
|-----------------------|----------------------------------|------------------------------------|-----------------------------------|
| Not at all | 241 (76%) | 477 (80%) | 718 (79%) |
| Occasional use | 15 (5%) | 23 (4%) | 38 (4%) |
| < 10 a day | 19 (6%) | 24 (4%) | 43 (5%) |
| 11~20 a day | 4 (1.3%) | 16 (3%) | 20 (2%) |
| 21~30 a day | 2 (1%) | 1 (0 %) | 3 (0%) |
| > 30 a day | 1 (0%) | 1 (0%) | 2 (0%) |
| N/A | 35 (11%) | 55 (9%) | 90 (10%) |

¹ Number and percent of respondents by gender

² Total represents number and percent of respondents answering this question

Table 4. Daily drinking habits for the entire group

| | Male (N=317) ¹ | Female (N=597) ¹ | Total (N=914) ² |
|----------------------|----------------------------------|------------------------------------|-----------------------------------|
| Not at all | 137 (43%) | 351 (59%) | 488 (53%) |
| 1~3 glasses | 99 (31%) | 158 (27%) | 257 (28%) |
| 4~5 glasses | 21 (7%) | 18 (3%) | 39 (4%) |
| 6~7 glasses | 18 (6%) | 8 (1%) | 26 (3%) |
| 8~10 glasses | 2 (1%) | 5 (1%) | 7 (1%) |
| 11~20 glasses | 7 (2%) | 2 (0%) | 9 (1%) |
| N/A | 30 (10%) | 55 (9%) | 85 (9%) |

¹ Number and percent of respondents by gender

² Total represents number and percent of respondents answering this question

Table 5. Daily TV and Computer use characteristics for the entire group

| | Male (N=317) ¹ | Female (N=597) ¹ | Total (N=914) ² |
|------------------------|----------------------------------|------------------------------------|-----------------------------------|
| 0~1 hours | 74 (23%) | 128 (21%) | 202 (22%) |
| 2 hours | 85 (27%) | 162 (27%) | 247 (27%) |
| 3 hours | 47 (15%) | 108 (18%) | 155 (17%) |
| 4 hours | 33 (10%) | 58 (10%) | 91 (10%) |
| 5 hours | 14 (4%) | 30 (5%) | 44 (5%) |
| 6 hours | 8 (3%) | 11 (2%) | 19 (2%) |
| 7 or more hours | 23 (7%) | 50 (8%) | 73 (8%) |
| N/A | 33 (10%) | 50 (8%) | 88 (10%) |

¹ Number and percent of respondents by gender² Total represents number and percent of respondents answering this question**Table 6. Dieting characteristics for the entire group**
Servings of fruits and vegetables daily Breakfast meals daily

| | Male¹ (N=317) | Female¹ (N=597) | Total² (N=914) | Male¹ (N=317) | Female¹ (N=597) | Total² (N=914) |
|------------|-------------------------------------|---------------------------------------|--------------------------------------|-------------------------------------|---------------------------------------|--------------------------------------|
| 0 | 15 (5%) | 15 (3%) | 30 (3%) | 7 (2%) | 27 (5%) | 34 (4%) |
| 1 | 73 (23%) | 91 (15%) | 164 (18%) | 22 (7%) | 54 (9%) | 76 (8%) |
| 2 | 82 (26%) | 167 (28%) | 249 (27%) | 26 (8%) | 41 (7%) | 67 (7%) |
| 3 | 42 (13%) | 125 (21%) | 167 (18%) | 16 (5%) | 51 (9%) | 67 (7%) |
| 4 | 26 (8%) | 49 (8%) | 75 (8%) | 19 (6%) | 38 (6%) | 57 (6%) |
| 5 | 14 (4%) | 27 (5%) | 41 (4%) | 34 (11%) | 46 (8%) | 80 (9%) |
| 6 | 4 (1%) | 12 (2%) | 16 (2%) | 11 (4%) | 24 (4%) | 35 (4%) |
| 7 | 10 (3%) | 13 (2%) | 23 (3%) | 129 (41%) | 206 (35%) | 335 (37%) |
| N/A | 51 (16%) | 98 (16%) | 149 (16%) | 53 (17%) | 110 (18%) | 163 (18%) |

¹ Number and percent of respondents by gender² Total represents number and percent of respondents answering this question

CUMULATIVE DATA ANALYSIS GRAPHICS

Figure 1. Number of times per week participated in exercise and fitness activities (N=932)

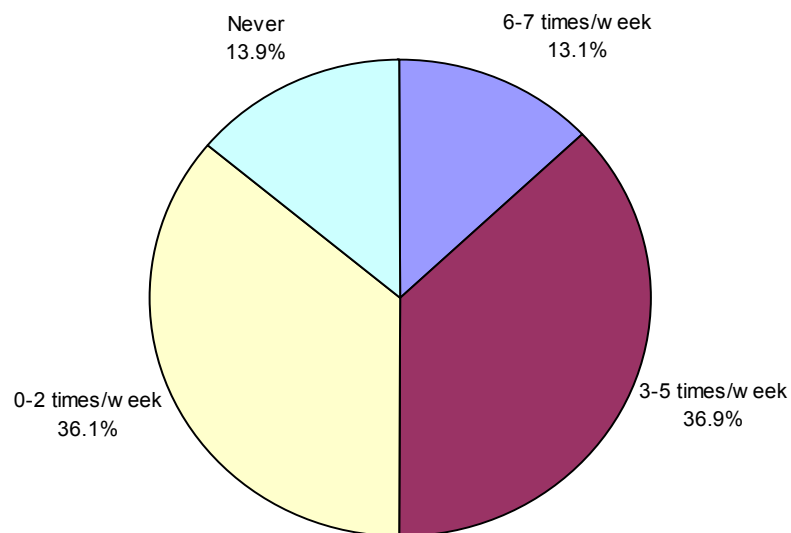


Figure 2. Length of time spent per exercise session (N=932)

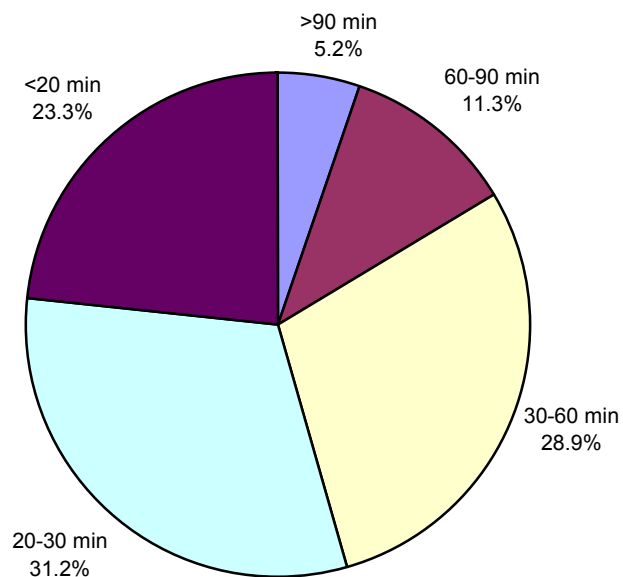


Figure 3. Intensity of exercise (N=932)

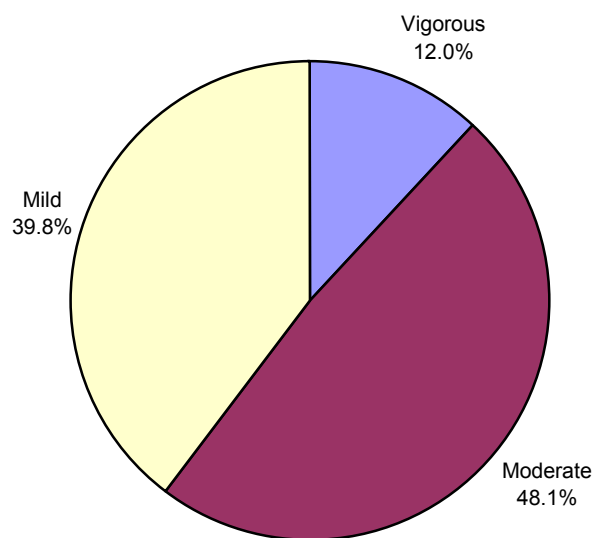


Figure 4. Frequency utilizing the public parks for exercise (N=932)

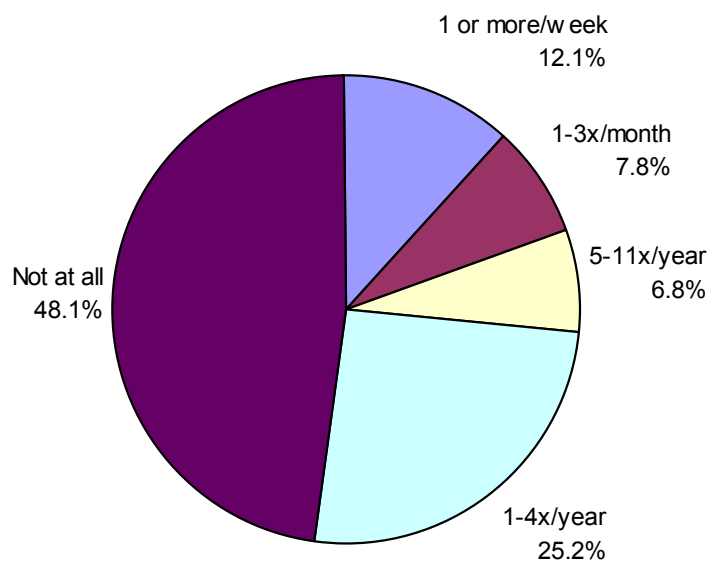


Figure 5. Rating on perceived daily stress level (N=932)

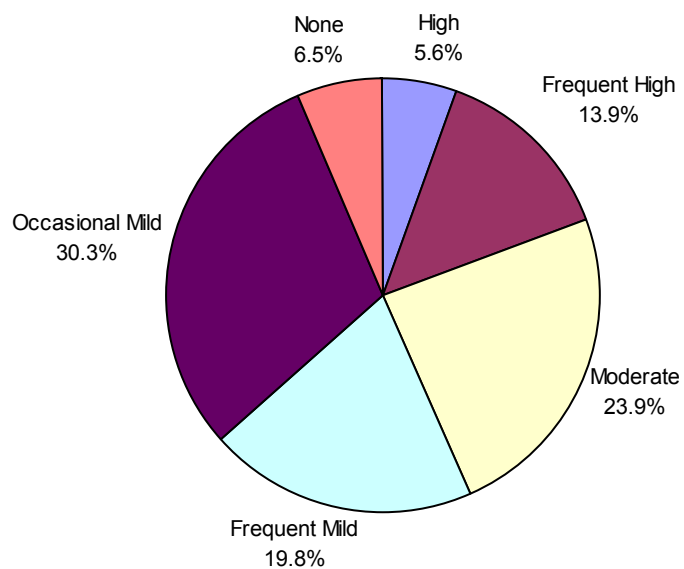


Figure 6. Motivation to adopt a healthy lifestyle (N=932)

